

# Lentil Tacos



**GREATER  
CHICAGO**  
-FOOD-  
DEPOSITORY.

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**Serves:** 8

**Prep:** 20 minutes | **Cook:** 30 minutes

## INGREDIENTS

- 3 cups water
- 2 cups dry brown lentils
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 medium onion, diced
- 1 tablespoon taco seasoning
- 1 teaspoon salt
- 1 tomato, diced
- 1 large avocado, diced
- 8 ounces reduced fat sour cream
- 8 corn tortillas

## DIRECTIONS

1. Bring water to a boil in a sauce pot, then add the lentils. Allow the pot to come back up to a boil, turn the heat to low, and place a lid on top. Simmer for 20 minutes. Drain.
2. Heat olive oil in a large skillet over medium heat. Add the garlic and onion. Sauté for about 3 minutes or until tender.
3. Add lentils and taco seasoning. Cook for about 3 minutes. Season to taste with salt. Toast tortillas in a medium skillet if desired.
4. Top tortillas with lentils, tomato, avocado, and sour cream.

\*Substitutions

2 cloves garlic → 1 tsp. garlic powder



## Nutrition Information

*Serving Size: 1 taco*

<b>Calories</b>	<b>340</b>
<b>Total fat</b>	<b>12 g</b>
Saturated Fat	3.4 g
<b>Cholesterol</b>	<b>12 mg</b>
<b>Sodium</b>	<b>443 mg</b>
<b>Carbohydrates</b>	<b>45 g</b>
Fiber	18 g
Sugars	2 g
<b>Protein</b>	<b>15 g</b>

Recipe adapted from:  
budgetbytes.com